

THURSDAY, OCTOBER
23RD, 2003

LAMBDA

VOLUME #99,
ISSUE #5



HAPPY HALLOWEEN



By: Erika Mieto
SGA/AGE President
president@sga.laurentian.ca

This Thursday and Friday (October 23 & 24) from 9am to 6pm IMAGINUS POSTER SALE will be in the Bowling Alley. I would definitely suggest taking a few minutes from your school schedule to browse around and check out the world of posters that IMAGINUS has to offer. They have posters from the movie Scarface, to celebs like Brad Pitt, to impressions by Vincent Van Gogh, and even posters explaining why beer drinking is so fun! So for those of you who are still looking for something to cover that empty space on

"Down the Road with the SGA/AGE"

your wall swing by and check out the sale.

On **November 5th**, our very own Stephanie Worton, Editor in Chief of Lambda will be hosting an **Orientation Session** for all students interested in writing or participating in the biweekly publication of Lambda. The session will be held on the third floor of the Student Centre in the student lounge at **4:00 pm to 6:00 pm**. This is not only a great opportunity for students to get involved on campus, but a great way to work on your writing skills, learn about your school, and gain extra-curricular experience that is so necessary when entering the working world. If you can't make it to the Orientation Session, please contact Stephanie at 673-6548 or via email at lambda@laurentian.ca.

Next **Friday October 31st** the Pub Downunder will be hosting their very own **Halloween Bash with prizes to be given out for the best-dressed costume attires**. So make a trip to Value Village and rummage through their endless racks of glitter and vintage to pull an outfit together. For those of you who are either non-creative or just too lazy to put outfit together *Party Novelties* on the Kingsway or *Stage & Street Dance* beside the *Grande Night Club* have all the goods you need to put something together for your Halloween getup.

In news about the **Pub Downunder** . . . the

Pub has changed its **hours of food service** and will now be selling food from **11:30am to 4pm Wednesdays, Thursdays, and Fridays**. The Pub in cooperation with *Aramark Food Services* is serving up some traditional pub grub, and featuring daily lunch specials for your liking! I would strongly encourage all students to try out the food in the Pub Downunder. With the support of the Laurentian student body, Pub Management and the Students' General Association (SGA/AGE) can better work towards the possibility of offering our students a greater selection of food service here on campus.

And, remember to check out our website at www.sga.laurentian.ca! The SGA/AGE just recently revamped and recreated the old SGA/AGE website during the summer. Starting in November the SGA/AGE will be posting a wide variety of pictures to our web photo gallery. I would love to post some of your personal pictures of you and your friends (just as long as they are pictures taken either on LU campus, or of LU related events).

You can send them via email to president@sga.laurentian.ca or drop them off at our office (Student Centre room 212 – the floor above the Great Hall). If you need your picture back, be sure to add your name and contact information to the back of your photo.

Introducing a totally new species of wireless.

Plans start at:

\$30
per month

It's the
total package

- no contract
- better rates
- no phone cards
- no credit check and more

totalphone



Science has never been this cool. We've taken the best parts of other phone plans and created totalphone. There's no contract to sign, no phone cards, better rates and you get a colour phone for only \$139.99. Plans include plenty of airtime, voicemail, no credit check and absolutely no activation fee. This year, stay on top of the evolutionary chain with Rogers AT&T Wireless.

ROGERS **AT&T**
WIRELESS

ROGERS **AT&T**
WIRELESS

SUDBURY

760 Notre Dame Ave.

525-5009

Supermall

1485 Lasalle Blvd.

566-7890

South Ridge Mall

1933 Regent St.

523-0013

Valest Mall

3140 Highway 69 North

897-7444

SAULT STE. MARIE

Station Mall

293 Bay St.

254-4988

143 Great Northern Road

256-5463

NEW LISKEARD

10 Whitewood Avenue

648-7000

NORTH BAY

North Bay Mall

300 Lakeshore Drive

494-6161

2123 Algonquin Avenue

472-2000

TIMMINS

Timmins Square Mall

1500 Riverside Drive

267-3400

ROGERS **AT&T**
WIRELESS
Authorized Agent

SUDBURY

444 Barrydowne Rd.

525-2019

SAULT STE. MARIE

Quattr Communications

274 Albert St. East

945-0258

NORTH BAY

The Cellular Centre

37 Lakeshore Drive

494-7777

TIMMINS

440 Algonquin Blvd. E.

267-4663

ROGERS **plus**

SUDBURY

New Sudbury Centre

1349 Lasalle

560-5747

SHOP AT ROGERS.COM, 1 800 IMAGINE, A ROGERS™ AT&T®, ROGERS PLUS OR ROGERS VIDEO STORE.

SAVE \$10
WHEN YOU
BUY
ONLINE

RadioShack.

ROGERS **plus**

FUTURE SHOP

STAPLES

Totalphone may not be available at all locations. Totalphone service requires a credit card or a bank account number to proceed with pre-authorized monthly payments. Phone must be activated on a Total Wireless price plan. The first month's service fee must be paid at time of purchase. Monthly service fees are exclusive of 911 Emergency Access Fee, local airtime over the allotted minutes in the selected plan, long distance, roaming charges. ©2003 Rogers Wireless Inc. All rights reserved. ™Rogers is a trademark of Rogers Communications Inc. Used under License. ©AT&T Corp. Used under License.



Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by the members of the Students' General Association.

SCE 301 Student Centre
Laurentian University
Sudbury, ON, P3E 2C6
(705) 673-6548

Email:
lu_lambda@yahoo.com
or
lambda@laurentian.ca

Write to Us

But please remember to include your full name and student number. Articles and letters submitted lacking this information will not be considered for print. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length. Letters of a harassing or slanderous manner will be dealt with by the proper authorities.

E-mailed Submissions

If you are emailing us a submission for the paper, please ensure that the attached file is saved as TEXT or Word, because we cannot transfer other files to Mac format. As well, please ensure all submissions have your name and student number because articles submitted lacking this information will not be considered for print.

ASK Alli: The In-House Advice Guru

Ask Alli

Question: Hi Alli! I am a first year Biology student. I live in residence and it seems as though I can never get my work finished without staying up all night. My roommate is loud and parties all the time. Don't get me wrong, I like to party too, but when it's time for homework I wish that I could just get some peace and quiet. I end up losing sleep because I have to stay up all night to get my assignments finished.

This means that I go to class tired and I can't always concentrate. This is stressing me out and it affecting other areas of my life. I am now starting to take my frustrations out on my friends and family. Can you please give me some suggestions as to how I can deal with this my stressful situation!

Answer: Well it certainly appears as though you are being faced with a lot of separate issues. All of which are normal for first year students.

In my experience living in residence you are not always paired with someone who has the same interests and academic drive as yourself. This can cause some tension and can also affect your studies. It is very important to develop some communication lines between yourself and your roommate; as this is the person you are going to be living with for the next 8 months.

If this communication is not established right off the bat, it is likely that you will experience many differences. Within communicating you can then establish the boundaries and or ground rules so that both parties are able to enjoy their time at university as well as succeed academically. If trying to talk to your roommate seems impossible try going to your RA for some advice. They might also be able to suggest some more effective ways of letting your roommate know how you feel.

Secondly University is a very different place than high-school, and it is normal for you to feel stressed out by the heavier workload. I would like to inform you that the Office of Student Life offers writing assistance programs as well as peer tutoring programs. These programs might assist in relieving some of stress and anxiety you are presently feeling. Furthermore, they might be able to provide you with some useful tips on how to manage your studies in a more effective way.

Now I would like to explore your sleeping difficulties, as it is likely that your feelings of stress could be

associated with your lack of sleep. Becky Lein Munson (2000), who is an RN and also the president of the National Association for Nurses in Virginia, has conducted much research in the area of sleep. According to her research scientists estimate that 80% of Americans are chronically sleep-deprived. She also states most adults should sleep 1 to 2 hours more per night to feel refreshed in the morning (Munson, 2000). According to this same article people ages 12 to 21 years of age require about 9 hours of sleep per night, and adults ages 22 and up need 8 to 10 hours of sleep per night (Munson, 2000).

Munson's (2000), says that during sleep, the body renews tissues, forms new red blood cells, and releases growth hormones. Interrupted sleep that disrupts the release of these growth hormones may impede physical and emotional growth. Furthermore, recent studies show that during sleep, the brain processes and organizes all the new information obtained during the day. Students who are sleep-deprived can lose up to 30% of what they studied 2 days earlier (Munson, 2000).

This sleep expert also states that sleep deprivation can cause significant behavioral changes, such as irritability, short temper, and impatience. Studies show that people who don't have adequate sleep react to stressful situations with more anger, sadness, and fear than they would when adequately rested. They may be unable to handle stress in relationships with family and peers, make poor decisions, and concentrate poorly (Munson, 2000).

Another sleep expert Judith Newman says that the nastiest effect of sleep deprivation is indeed stress (Newman, 2000). It is now a bit clearer as to the possible sources of stress in your current situation, as sleep seems to be a critical component to our physical and emotional well-being. So here are some possible suggestions that I have taken and modified from Judith Newman's article (2000). They may or may not help, but it is certainly worth a try!

Remember you are not alone in your feelings and I strongly suggest speaking to your roommate so that you are not forced to cram assignments into late night excursions. Without that communication it will be impossible for you to even consider the suggestions given below.

ROUTINES

Go to bed when you're sleepy. If you don't nod off right away, get up, go to another room, and do some-

thing low-key until you feel drowsy. Watching TV may make you hyper.

Exercise regularly—ideally, six hours before bedtime. In one study a well-timed aerobic workout increased deep (restorative) sleep for 33 percent of participants.

Stifle the stimulants. Don't drink caffeinated beverages—coffee, cola, or black or green tea—after midday. Forget the nightcap as well. Alcohol-induced sleep lacks crucial dream time, and once your body has metabolized the booze, a rebound effect can wake you.

Replace cocktail hour with a "worry hour." Take a few minutes every day to record what keeps you up at night. Experts say writing in a journal works especially well for the kind of insomnia that plagues busy people. For maximum de-stressing, do it well before bedtime.

RITUALS

Give yourself some quiet time. Light reading, meditation and prayer, or yoga and deep breathing while listening to music all can help you unwind. While you're at it, sip a cup of something soothing like chamomile tea or warm milk with honey. Do these things at the same time every night; turning them into a habit will enhance the tranquilizing effect.

Run a warm bath. Scientists say taking a soak an hour before bedtime can induce longer bouts of deep slumber. To lull you to sleep, and to prevent your skin from getting so dry and itchy that you wake prematurely, toss in a handful of aromatherapy bath salts.

Dim the lights. Bright bulbs can shift the body's internal clock and trigger jet lag-like symptoms. Candlelight, or the electrical equivalent, can help you wind down.

Get a whiff of lavender. Scent researchers have found the fragrance—in candles, body lotions, room and linen sprays, and, of course, sachets and silky eye pillows—can speed your trip to Dreamsville.

Taken and modified from the research of Judith Newman (2000).

Thanks so much for all your questions and I will try to answer them as promptly as I can! Please keep in mind that the confidentiality of the individuals who write to Alli will be protected, meaning no names or other identifying information will be displayed.

146 Durham St. / Upstairs / Sudbury / 674-0372

Sentia Room Hair Design
 avant-garde colour and design experts

Student Saver Card

Bonus / \$10.00 off your first visit!

15% off all services

146 Durham St. / Upstairs
 Sudbury / 674-0372

I Don't Know About My Homework, But My Procrastination Is Coming Along Just Fine!

By Taryn Verde

"God put me on this earth to accomplish a certain number of things. Right now I am so far behind, I will never die." ~Unknown Author~

Ah, yes. Procrastination. Both a friend and enemy to all students. It is like a large invisible monster, always in your presence, lurking in the back of your mind, coming to you at your most vulnerable moments, whispering "there will be plenty of time for that afterwards..." So, do you have the willpower to ignore its constant badgering? Or will you succumb to its juicy temptations? "Hell Week" has arrived, boys and girls (or Hell Month for some).

For example, not only do you have five midterms in two days, but also six lab write ups, three essays, ten online quizzes and you have to work on the weekend. I realize that is quite an exaggeration, but I am sure that sometimes it does feel like you have that much work, so just be thankful that you don't. BUT, if anyone actually *does*, you should NOT be reading this newspaper! What exactly *are* you doing reading this article? You are procrastinating aren't you? I can see the guilt in your eyes. Unaware, you have fallen into its deadly trap, like a tiny innocent mouse looking for some cheese. WHACK! Now you are stuck, transfixed, unable to move... you might have gotten your cheese, but now you are dead. You were blinded by the temptation, that you didn't see the danger lurking around you.

Quite morbid, isn't it? I agree. But, procrastination is morbid, especially if you have an assignment due in an hour and you are STILL reading this article. It all comes down to how well you work under pressure. Because I have a severe procrastination problem, my philosophy is work now, sleep later. This philosophy kicks into effect while pulling those infamous all-nighters (and I can do it without

ANY caffeine!).

Another plan, (perfected by my friend and I) one that does not help at all, is the "break before you work" philosophy! Get all your books and study material ready on your desk (even take the cap off your pen and line up your highlighters) and then take a break! It doesn't help your procrastination problem, but it takes your mind off the work that will haunt you in the hours to come.

Through my eighteen years of schooling experience I have learned at least one thing: procrastination comes in many shapes and sizes (and even smells). Please take heed to the following warning signs of procrastination, before it's too late (but it might already be so).

First, and foremost, beware of people! Yes, people. Classmates. Talkative Profs. But most importantly family and friends. You can never escape friends, and why would you want to? You go to the Science Caf or Great Hall with the "intention" to study, but you know full well that no studying will be accomplished, because you'll always see somebody you know. Family doesn't always seem to understand the amount of work you have to do and the amount of stress you have, so they demand you join them for dinner, and MAKE you go to grandma's for a whole afternoon visit.

Food always comes through as a good way to procrastinate! I don't know about you, but, when I have been in my room all day working on a ten page essay, I take a trip to the kitchen about every half hour. I even snoop around in the cupboards and the fridge looking to snack on stuff I would not even dream about putting into my mouth on any normal day, like cracking open a can of raw kidney beans. Now that is what you call a desperate act. Television is a very evil source of procrastination. There is always something to watch, no matter what hour of the day it is, even if you have seen that episode of The Simpson's ten times already. But, of course, anything is better than studying for

that dreaded test you have at 8:30 am the next morning.

And then there is the tricky internet. You need it for research, and that is *all* you really intend to use it for, honest! But then you get to wondering if your best friend across the country emailed you back yet, so a-email checking you shall go! And while you are logged on, you figure, why not connect onto MSN Messenger? It is at THAT moment when you realize you are not the only procrastinator in this world, because the twenty people that are online, ALL have names referring to the work they ARE doing, will be doing, never going to do, or a countdown to how much left they have to do. It is during these times that MSN is no longer just a chat forum but a support group, especially at the wee hours of the night. Remember, in the battle to overcome procrastination, you are NOT alone!

In then end, what it all comes down to, is that basically anything that gets in the way of what really has to be done, is procrastination. I guess you could include sleep in this category! However, no matter what, it would be very hard to hibernate from the outside world when school is in session. There may be a lot of work to do, but without procrastination getting in the way, I think we would all go insane.

From now on, just say that you are taking a break. No one really has to know that you have not even cracked open your textbook. Procrastination can be quite the deadly trap, so use your procrastination time wisely and good luck with Hell Week/Month and I'll see you on the other side. Unless you procrastinate SO much, that you never make it there. As for me, well, I have been meaning to write a really kick-butt ending to this article, but I just could not get around to it.

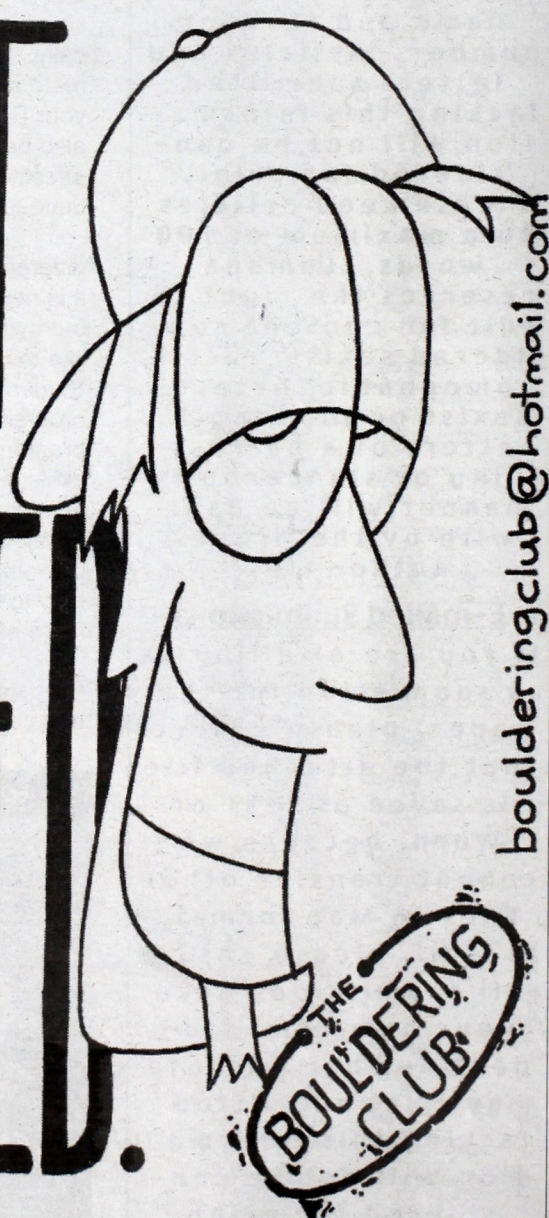
"Much unhappiness has come into the world because of things left unsaid..." ~Dostoevsky~

The Procrastinator's Creed

~The author is unknown because he procrastinated on signing his/her name.~

1. I believe that if anything is worth doing, it would have been done already.
2. I shall never move quickly, except to avoid more work or find excuses.
3. I will never rush into a job without a lifetime of consideration.
4. I shall meet all of my deadlines directly in proportion to the amount of bodily injury I could expect to receive from missing them.
5. I firmly believe that tomorrow holds the possibility for new technologies, astounding discoveries, and a reprieve from my obligations.
6. I truly believe that all deadlines are unreasonable regardless of the amount of time given.
7. I shall never forget that the probability of a miracle, though infinitely small, is not exactly zero.
8. If at first I don't succeed, there is always next year.
9. I shall always decide not to decide, unless of course I decide to change my mind.
10. I shall always begin, start, initiate, take the first step, and/or write the first word, when I get around to it.
11. I obey the law of inverse excuses which demands that the greater the task to be done, the more insignificant the work that must be done prior to beginning the greater task.
12. I know that the work cycle is not plan/start/finish, but is wait/plan/plan.
13. I will never put off until tomorrow, what I can forget about forever.
14. I will become a member of the ancient Order of Two-Headed Turtles (the Procrastinator's Society) if they ever get it organized.

GET STONED.



Breast Cancer Effects Everyone, Not Just Women Over 50

By: Kristin Grant-Smith

I was happily reading one of those Coffeetime Newspapers, when I came across an ad that really bothered me. The ad was from the Ontario Breast Screening Program and the Sudbury and District Health Unit, which stated, "Women 50 years of age and over can book a breast screening appointment at the Ontario Breast Screening Program." You may be asking yourself ok so what's her problem?

The problem with this is that it perpetuates a dangerous myth that Breast Cancer only affects older women. This is especially problematic because October is Breast Cancer Awareness Month and myths should be dispelled about the second leading cause of death for women. Ok, so why is this myth dangerous? Because it can lead to misdiagnosis in younger women, and shouldn't younger women have access to breast screening to promote early detection? My aunt was had just turned thirty in November 1999 when the doctor told her that the lumps in her breasts non-cancerous and was not uncommon in

women who had recently had children (at the time her son was barely a year and a half).

Flash forward to April the following year: a new diagnosis: level 4 Breast Cancer, which is when the cancer spreads to other organs. The cancer had not been caught soon enough, because they didn't believe that a woman that young could have Breast Cancer, despite a history of cancer in the family. This is ridiculous because 21%- almost a quarter- of all cases of Breast Cancer are in women under 50 and also according to the Canadian Breast Cancer Foundation "Breast cancer is the most frequently diagnosed cancer in women between the ages of 20 and 44". The rest of the stats are as follows according to the Canadian Breast Cancer Foundation: 47% in women 50-69, and 32% in women over 70. Although lesser in number clearly Breast Cancer is hardly uncommon in women under 50. Fortunately my aunt is still with us, and is in relatively good health. But this makes me wonder how many women weren't as fortunate as her? How many children were left motherless? How many men

widowed?

I wanted to see some statistics, how many women under and over 50 are diagnosed with Breast Cancer, and what are the fatality rates. Is there any correlation, between these numbers and this misconception? So I called the North-eastern Regional Ontario Cancer centre to get a regional picture. They unfortunately were unable to give me the demographics, and as of press time, I was unable to get these regional statistics. But nationally 13% of Breast Cancer deaths are in women under 50, 36% in women 50-69, and 51% in women 70 or older.

Thankfully there appears to be no connection. And mortality is a larger problem in older women. However I was still left wondering if the same effort in screening and prevention was made for women under 50 would the mortality rates be affected? My next step was to talk to the Ontario Breast Screening Program. I found out that is because of the Ministry of Health that only women over 50 are allowed to use this service, because that is whom the funding is provided for, because the majority

of cases are in women over 50. There has been lobbying on the provincial level to lower the age limit, but this has been to no avail. What the service's purpose is to a systematic screening of breasts on a two-year basis, to check that any changes are consistent with that stage of life (menopausal or post menopause, etc).

Women do not need a doctor's referral to use this service. And this form of screening is distinct of that of mammograms, which is a diagnostic test (for which thankfully there is no age limits!) The representative I spoke with seemed to agree that there were parts of the ad that need to be clarified. Hopefully there will be some changes.

I asked wouldn't early screening help prevent occurrences of breast cancer in younger women as it does in older women? The answer was no, because the breast tissue in pre-menopausal women is denser than menopausal women, and so it is harder to detect changes. Hopefully some of the money raised for Breast Cancer Research will go towards developing more sophisticated breast screening equipment.

But, on a positive note, the same ad states "early detection of cancer only takes a few minutes... but it could add years to your life," this so true and very important, because Breast Cancer can be beaten if caught early enough. This is why all women should perform a monthly self-exam. If you do not know how to do this, talk to your doctor, and you can usually find information at pharmacies.

Here is a list of the early symptoms and signs from the National Breast Cancer Foundation: A lump is detected, which is usually single, firm, and most often painless; a portion of the skin on the breast or underarm swells and has an unusual appearance; veins on the skin surface become more prominent on one breast; the breast nipple becomes inverted, develops a rash, changes in skin texture, or has a discharge other than breast milk and a depression is found in an area of the breast surface.

Men should also be aware of any lumps, because it is possible for them to develop Breast Cancer. (140 men will develop Breast Cancer this year). Man or woman if a lump is found make sure you go to a doctor, more than likely it will be non-cancerous, but make sure that they check for cancer, as scary as it might be, because Breast Cancer is not just found exclusively in women over fifty.



National Défense
Defence nationale

Being appreciated makes all the difference



If you value career satisfaction, you'll love a nursing career with a difference in the Canadian Forces!

If you're pursuing a BScN in a Canadian university, we can pay for your tuition and books, as well as offer you a salary while in school. Upon graduation, you'll be guaranteed a full-time position, with a competitive salary, job security and benefits. You'll also appreciate our excellent clinical, administrative and leadership training.

To enjoy all that comes with being a Canadian Forces Nurse, contact us today.



Strong. Proud. Today's Canadian Forces.



CANADIAN
FORCES
Regular and Reserve

1 800 856-8488
www.forces.gc.ca

Canada

The Trojan
Women are
Coming!!!!
Watch for
them on
Campus!!!!

En Brefs

Les gens du Nord posent les jalons de l'école de médecine

L'Ecole de médecine du Nord-Ontario (EMNO) attire des professionnels de tout le Nord.

« Nous couvrons vraiment tout le Nord, a déclaré le Dr David Boyle, directeur général de l'instauration du projet à l'EMNO. Nous avons des gens de Marathon, Kirkland Lake et Flesherton reliés par voie électronique à nos principaux campus de Sudbury et de Thunder Bay. Nous collaborons et travaillons activement à titre d'école de médecine desservant tout le Nord. »

Au nombre des premiers professeurs situés en dehors des grands centres figurent cinq nouveaux coordonnateurs de thème. Ces experts dirigeront la mise au point de cinq domaines clés du programme d'études de l'EMNO qui aideront à avoir l'assurance que ce programme reflète la réalité propre au Nord.

Voici les cinq thèmes et leurs coordonnateurs :

- Santé du Nord et rurale - Dr Richard Denton, Kirkland Lake
- Aspects personnels et professionnels de l'exercice de la médecine - Dr Jaro Kotalik, Thunder Bay
- Santé sociale et de la population - Dr Jim Harrold, Flesherton
- Les fondements de la médecine * Dr Amadeo Parissenti, Sudbury
- Compétences cliniques en soins de santé * Dre Sarah Newberry, Marathon

La Dre Sarah Newberry, coordonnatrice du thème Compétences cliniques en soins de santé et médecin de famille à Marathon, est un exemple de ce modèle nordique : « j'aide l'école de médecine à développer son accent sur les compétences cliniques depuis la collectivité où je vis et travaille. Grâce à la vidéoconférence et à Internet, nous pouvons travailler avec des collègues de tout le Nord sans être obligés d'aller dans de grandes villes. »

Selon le modèle de formation médicale de l'EMNO, les étudiants vivent, s'instruisent et étudient dans les petites villes qu'ils serviront un jour. Le modèle d'enseignement dispersé vaut aussi pour le personnel et le corps professoral dont les membres seront répartis dans tout le Nord.

L'EMNO, la nouvelle école de médecine desservant l'ensemble du Nord de l'Ontario, est une entreprise conjointe des universités Laurentienne et Lakehead. Outre ses principaux campus situés à Sudbury et Thunder Bay, elle aura de multiples satellites d'enseignement et de recherche dans tout le Nord de l'Ontario, y compris dans des grandes et petites collectivités. L'EMNO contribuera à améliorer la santé de la population du Nord de l'Ontario.

MUSIQUE ET FILM EN MOUVEMENT ANNONCE SA SÉRIE D'ATELIERS D'AUTOMNE

Musique et film en mouvement (MFM) est heureux d'annoncer sa série d'ateliers d'automne. Les ateliers permettent aux participants d'interagir et d'apprendre des professionnels de la musique et du cinéma qui ont atteint un haut niveau de reconnaissance parmi leurs pairs. Les ateliers de cinéma et de télévision sont les suivants : Monter à l'écran – Produire des émissions non dramatiques, financé par la Société de développement de l'industrie des médias de l'Ontario et La réalisation – Communiquer votre vision.

Les ateliers de musique sont les suivants : La stratégie – Comment réussir à lancer sa musique sur le marché, financé par la Société de développement de l'industrie des médias de l'Ontario, et La composition «Le métier d'écrivain», financé par la Fondation SOCAN.

Ces derniers sont tous des ateliers préliminaires ou intermédiaires de fin de semaine qui sont adaptés aux personnes qui font leurs premiers pas en musique ou en cinéma ou qui souhaitent prendre un cours de recyclage dans des domaines précis. Ils offrent aussi la possibilité d'entrer en contact avec d'autres personnes qui travaillent dans l'industrie du cinéma et de la musique dans le Nord.

Tous les ateliers seront offerts en anglais. Les dates et les animateurs de tous les ateliers seront annoncés au cours des semaines à venir. Chaque atelier coûte 75 \$ pour les membres, 50 \$ pour les membres étudiants et 100 \$ pour les non membres; ils auront tous lieu à Musique et film en mouvement, situé au 45, rue Durham, bureau 105 à Sudbury. Un nombre limité de bourses de voyage est offert aux gens de l'extérieur de la région du Grand Sudbury. Si vous voulez vous inscrire à un atelier ou devenir membre, communiquez avec Musique et film en mouvement au (705) 674-9954 ou consultez notre site Web à l'adresse www.musicandfilmmotion.com.

Musique et film en mouvement est un organisme sans but lucratif ayant le mandat de susciter et de promouvoir l'essor des industries cinématographique et musicale dans le Nord de l'Ontario. Monter à l'écran – Produire des émissions non dramatiques est un atelier préliminaire ou intermédiaire pratique conçu pour aider les participants à porter un concept à l'écran en suivant les différentes étapes nécessaires, qui comprennent des buts réalistes de conception, de coproduction et de partenariats, d'établissement du budget et du

financement de votre émission, de production, de diffusion et de distribution. Cet atelier est adapté aux personnes qui désirent mieux comprendre comment porter une émission non dramatique à l'écran. Il est financé par la Société de développement de l'industrie des médias de l'Ontario (SODIMO).

La réalisation –

Communiquer votre vision est un atelier préliminaire ou intermédiaire pratique conçu pour aider les participants à apprivoiser l'esprit et les démarches créatrices du réalisateur. Les participants comprendront mieux l'utilisation de la narration visuelle par l'entremise de séquences filmées et d'exercices traitant de l'utilisation efficace de scénarios-maquettes, de la façon de bâtir l'ambiance et la tension dramatique, ainsi que de la création d'une vision cinématique cohérente et unique. Cet atelier, adapté à ceux qui sont intéressés à mieux comprendre le rôle créatif du réalisateur, permet aussi aux professionnels chevronnés du cinéma de rafraîchir leurs connaissances.

La stratégie – Comment réussir à lancer sa musique sur le marché est un atelier préliminaire ou intermédiaire pratique conçu pour fournir aux musiciens les outils dont ils ont besoin pour faire l'enregistrement de leur CD et percer le marché. L'atelier traite des composantes de la préproduction, du financement, du marketing et de l'établissement des objectifs du processus de planification, des choix d'enregistrement, des choix de distribution pour les artistes indépendants, des engagements occasionnels, de la radio et d'autres marchés importants. Cet atelier est adapté aux musiciens et aux groupes qui font leurs premiers pas dans l'industrie indépendante de la musique au Canada. Il est financé par la Société de développement de l'industrie des médias de l'Ontario (SODIMO).

La composition – Le métier d'écrivain est un atelier préliminaire ou intermédiaire pratique conçu pour aider les participants à développer

un processus d'écriture plus productif et dirigé. Il traite de l'équilibre entre l'inspiration et la discipline, de l'importance de la réécriture, de noter les idées à utiliser plus tard et des avantages et des inconvénients de la coécriture. Cet atelier est adapté à tous les auteurs-compositeurs, débutants ou professionnels, qui cherchent des moyens de développer leur boîte à outils et leur discipline d'écriture. Cet atelier est financé par la Fondation SOCAN.

En Brefs

M. Richard Pound prendra la parole à la prochaine conférence Falconbridge de l'Université Laurentienne

L'Université Laurentienne et Falconbridge Ltée annoncent avec plaisir que M. Richard Pound sera l'orateur de la prochaine conférence Falconbridge qui aura lieu dans l'auditorium Fraser de l'Université le mercredi 12 novembre 2003, à 19 h. Dans sa conférence intitulée « Le mouvement olympique : Les valeurs morales d'un monde assiégé » M. Pound, qui s'exprimera en anglais et en français, examinera les nombreux échecs des normes éthiques dans les affaires, la société et le sport et suggérera des modèles pour rétablir la conduite éthique. Toutes les personnes intéressées sont les bienvenues à cette conférence offerte gratuitement au public.

Finaliste en natation aux Olympiques de 1960 et médaillé d'or aux Jeux du Commonwealth de 1962, M. Pound s'est forgé une réputation internationale pour son travail en administration des sports au Canada et à l'étranger. Secrétaire général puis président de l'Association olympique canadienne, il siège depuis 1978 au Comité international olympique (CIO) dont il a été vice-président de 1987 à 1991 et de 1996 à 2000. Sa participation et ses contributions ont fait de lui l'une des personnes les plus influentes dans la hiérarchie du CIO.

Né au Canada, avocat et chancelier de l'Université McGill, il s'est chargé de nombreux dossiers au cours de sa longue carrière au sein du CIO. Il a été sollicité dans les périodes difficiles pour résoudre les problèmes financiers et éthiques de ce comité. M. Pound a instauré le Programme olympique, une initiative de commandite qui crée des sources fiables de revenus pour le mouvement olympique, et a négocié des droits de télédiffusion profitables.

M. Pound est l'auteur de *Five Rings Over Korea: the Secret Negotiations Behind the 1988 Olympic Games* in Seoul et exerce depuis 1999 les fonctions de président de l'Agence mondiale antidopage.

L'entrée à cette conférence est gratuite (premiers arrivés, premiers servis). Les billets seront distribués aux endroits suivants de la Ville du grand Sudbury : Librairie et Bibliothèque J.N.-Desmarais de l'Université Laurentienne, Science Nord, bureaux du secrétaire général des collèges Boréal et Cambrian, ainsi qu'aux succursales principales des bibliothèques publiques de Sudbury.

Le programme de conférences Falconbridge a débuté en 1978 à l'Université Laurentienne. Il est financé grâce à un fonds commémoratif établi par Falconbridge Ltée, auquel s'ajoutent des dons de particuliers, et a pour but d'amener à Sudbury des personnalités éminentes du milieu universitaire, de la vie publique, des professions et des arts.

L'Université Laurentienne désire rappeler à la communauté universitaire qu'il est impératif de respecter le nouveau règlement anti-tabac 2002-300 de la Ville du grand Sudbury. Il est strictement interdit de fumer à moins de 9 mètres (30 pieds) d'une entrée du lieu de travail ou d'un lieu public. L'amende imposée en vertu de cette réglementation est de 130 \$ (105 \$ plus 25 \$ en frais d'administration). La non observance du règlement sera pénalisée. Merci de votre coopération.

Be at the Pub Downunder this Thursday for your chance to win a trip to the Maxim Regional finals in Toronto, on November 17th, 2003.

Coors LIGHT **MAXIM Club Tour**
Canada's Search for the Coors Light Maxim Girl

**DO TWINS COUNT
AS ONE CONTESTANT?
(YOU BE THE JUDGE)**

REGIONAL FINALS Vancouver October 27 Richard's on Richards - Kelowna October 29 Flashbacks
Calgary November 2 Outlaws - Winnipeg November 7 The Colosseum, Canad Inns, Windsor Park - Hamilton November 12 Front 54
Toronto November 17 The Opera House - London November 19 Club Phoenix - Ottawa November 24 Capital Music Hall
Montreal November 27 Complexe Millennium - Quebec City November 29 Le Palace - Halifax December 3 The Palace

THE SILVER BULLET

You have a chance to win a judge's seat at the Regional Finals
Visit www.coorslightclubtour.com for details.

No product purchase necessary. Must be legal drinking age. Dates/venues subject to change without notice.



Coors LIGHT

Must be Legal
Drinking Age!

No Purchase
Necessary



HALLOWEEN

THE STORY OF HALLOWEEN

By:Stephanie Worton
Editor in Chief

Halloween is one of the oldest holidays with origins going back thousands of years. The holiday we know as Halloween has had many influences from many cultures over the centuries. From the Roman's Pomona Day, to the Celtic festival of Samhain, to the Christian holidays of All Saints and All Souls Days.

Hundreds of years ago in what is now Great Britain and Northern France, lived the Celts. The Celts worshipped nature and had many gods, with the sun god as their favorite. It was "he" who commanded their work and their rest times, and who made the earth beautiful and the crops grow. The Celts celebrated their New Year on November 1st. It was celebrated every year with a festival and marked the end of the "season of the sun" and the beginning of "the season of darkness and cold."

On October 31st after the crops were all harvested and stored for the long winter the cooking fires in the homes would be extinguished. The Druids, the Celtic priests, would meet in the hilltop in the dark oak forest (oak trees were

considered sacred). The Druids would light new fires and offer sacrifices of crops and animals. As they danced around the the fires, the season of the sun passed and the season of darkness would begin.

When the morning arrived the Druids would give an ember from their fires to each family who would then take them home to start new cooking fires. These fires would keep the homes warm and free from evil spirits.

The November 1st festival was called Samhain (pronounced "sow-en"). The festival would last for 3 days. Many people would parade in costumes made from the skins and heads of their animals. This festival would become the first Halloween.

During the first century the Romans invaded Britain. They brought with them many of their festivals and customs. One of these was the festival know as Pomona Day, named for their goddess of fruits and gardens. It was also celebrated around the 1st of November. After hundreds of years of Roman rule the customs of the Celtic's Samhain festival and the Roman Pomona Day mixed becoming 1 major fall holiday.

The next influence came

with the spread of the new Christian religion throughout Europe and Britain. In the year 835 AD the Roman Catholic Church would make November 1st a church holiday to honor all the saints. This day was called All Saint's Day, or Hallowmas, or All Hallows.

Years later the Church would make November 2nd a holy day. It was called All Souls Day and was to honor the dead. It was celebrated with big bonfires, parades, and people dressing up as saints, angels and devils. But the spread of Christianity did not make people forget their early customs.

On the eve of All Hallows, Oct. 31, people continued to celebrate the festivals of Samhain and Pomona Day. Over the years the customs from all these holidays mixed. October 31st became known as All Hallow Even, eventually All Hallow's Eve, Hallowe'en, and then - Halloween.

The Halloween we celebrate today includes all of these influences, Pomona Day's apples, nuts, and harvest, the Festival of Samhain's black cats, magic, evil spirits and death, and the ghosts, skeletons and skulls from All Saint's Day and All Soul's Day.

Witches and Warlocks have had a long history with Halloween.

Legends tell of witches gathering twice a year when the seasons changed, on April 30 - the eve of May Day and the other was on the eve of October 31 - All Hallow's Eve.

The witches would gather on these nights, arriving on broomsticks, to celebrate a party hosted by the devil. Superstitions told of witches casting spells on unsuspecting people, transform themselves into different forms and causing other magical mischief.

It was said that to meet a witch you had to put your clothes on wrong side out and you had to walk backwards on Halloween night. Then at midnight you would see a witch.

When the early settlers came to America, they

Every autumn Monarch Butterflies, which have summered up north in the United States and Canada, return to Mexico for the winter protection of the oyamel fir trees. The locale inhabitants welcome back the returning butterflies, which they believe bear the spirits of their departed. The spirits to be honored during Los Dias de los Muertos.

Los Días de los Muertos, the Days of the Dead, is a traditional Mexico holiday honoring the dead. It is celebrated every year at the same time as Halloween and the Christian holy days of All Saints Day and All Souls Day (November 1st and 2nd). Los Dias de los Muertos is not a sad time, but instead a time of remembering and rejoicing.

The townspeople dress up as ghouls, ghosts, mummies and skeletons and parade through the town carrying an open coffin. The "corpse" within smiles as it is carried through the narrow streets of town. The local vendors toss oranges inside as the procession

THE WITCHES' CALDRON

brought along their belief in witches. In American the legends of witches spread and mixed with the beliefs of others, the Native Americans - who also believed in witches, and then later with the black magic beliefs of the African slaves.

The black cat has long been associated with witches. Many superstitions have evolved about cats. It was believed that witches could change into cats. Some people also believed that cats were the spirits of the dead.

One of the best known superstitions is that of the black cat. If a black cat was to cross your path you would have to turn around and go back because many people believe if you continued bad luck would strike you.

THE DAYS OF THE DEAD

makes its way past their markets. Lucky "corpses" can also catch flowers, fruits, and candies.

In the homes families arrange *ofrenda's* or "altars" with flowers, bread, fruit and candy. Pictures of the deceased family members are added. In the late afternoon special all night burning candles are lit - it is time to remember the departed - the old ones, their parents and grandparents.

The next day the families travel to the cemetery. They arrive with hoes, picks and shovels. They also carry flowers, candles, blankets, and picnic baskets. They have come to clean the graves of their loved ones. The grave sites are weeded and the dirt raked smooth. The Crypts are scrubbed and swept. Colorful flowers, bread, fruit and candles are placed on the graves. Some bring guitars and radios to listen to. The families will spend the entire night in the cemeteries.

Skeletons and skulls are

found everywhere. Chocolate skulls, marzipan coffins, and white chocolate skeletons. Special loaves of bread are baked, called *pan de muertos*, and decorated with "bones."

Handmade skeleton figurines, called *calacas*, are especially popular. *Calacas* usually show an active and joyful afterlife. Figures of musicians, generals on horseback, even skeletal brides, in their white bridal gowns marching down the aisles with their boney grooms.

The celebration of Los Dias de los Muertos, like the customs of Halloween, evolved with the influences of the Celts, the Romans, and the Christian holy days of All Saints Day and All Souls Day. But with added influences from the Aztec people of Mexico. The Aztecs believed in an afterlife where the spirits of their dead would return as hummingbirds and butterflies. Even images carved in the ancient Aztec monuments show this belief - the linking the spirits of the dead and the Monarch butterfly.

Lecture on Thales * the fusion of poetry and science

Dr. Roger Nash, professor of philosophy at Laurentian University, will present the first public lecture of the Humanities M.A. Colloquium Series exploring "Cultural Appropriation." His talk, entitled "The Waters of Meaning in Life: Thales and the Possibility of Discourse," will be presented on Monday, October 27, at 7 p.m., in Laurentian's Senate Room, 11th floor, R.D. Parker Building. Admission is free and everyone is welcome.

Thales of Miletus, a pre-Socratic Greek thinker from the early sixth century B.C., is usually represented as the first natural philosopher/thinker/scientific thinker in the Western tradition. He was interested in almost everything, investigating almost all areas of knowledge, philosophy, history, science, mathematics, engineering, geography, and politics. Thales proposed theories to explain many of the events of nature, the primary substance, the support of the earth, and the cause of change.

This thinker was much involved in the problems of astronomy and provided a number of explanations of cosmological events which traditionally involved supernatural entities. His questioning approach to the understanding of heavenly phenomena was the beginning of Greek astronomy. Thales founded the Milesian school of natural philosophy, developed the scientific method, and initiated the first western enlightenment.

In his presentation, Dr. Nash will ask whether Thales should be re-read as equally * if not more prominently * a poetic thinker about the conditions of meaningfulness in language and human life. If so, what does this show about the subsequent tendency to simplify and direct the tradition of Western thought by marginalizing poetic thought from the concern with developing scientific explanations? Does Thales help protect us, at our cultural roots, from the "two cultures" divide, by showing how poetry and science can fuse?

ASK ALLI

Do you have a question? A problem or maybe you just need some advice?

Ask Allli, the Laurentian expert. Email her with your questions at ask_alli@hotmail.com



The Trojan Women

By: Mary-Anne Ovis
mx_ovis@laurentian.ca

November 6th- November 15th, 2003- Thorneloe University Theatre

We all remember the story about the Trojan Horse. As a child reading, it seemed magnificent! That horse must have been huge! But at the time I wasn't interested in any other part of the story. I was a kid. I wasn't interested in this guy Euripides. Who would call their kid that? And I sure wasn't interested in people killing each other.

But now that I am wiser, I take a look at Euripides. (Well it's part of my course.) Euripides- A Greek Dramatist. c485-406 B.C. -the person who indeed penned the Trojan Women. Putting oneself back in those times is somewhat difficult when we have all life's needs and wants literally at our fingertips. That is why we have Thorneloe Theatre. All those talented people who can transform us back to another time, so that we may understand Euripides and the times he writes of. Come see the show! You might love it! Gwendolyn MacEwen's translation and Valerie Senyk's exquisite direction will prove to be a must see.

Thorneloe's production of Trojan Women running November 6th, 2003 to November 15, 2003 at Thorneloe Theatre will, if anything, get you thinking. And it's always good to think. That's why we are here. Right Emerson?

So, don't miss the show. I think you will really be impressed if you are a first timer to Thorneloe's Productions. Get out there and find Thorneloe University. Don't be afraid to walk up that hill and go take a look. Find our beautiful little theatre and the first one to email me the correct number of seats in the theatre and directions on getting to the theatre, I have a ticket to the show with your name it. (Okay you Sudbury people, let the "out-of-town-ers" have a shot at it first)

I want every body to know where Thorneloe Theatre is.

So get out to the show. Bring a friend. Bring two. The point is, get out and support your school. Go see a play. And enjoy yourself.

See you at the show. For information about tickets call Thorneloe Theatre 673-1730.

Written by Euripides
Translated by Gwendolyn MacEwen
Directed by Valerie Senyk
Thorneloe University Theatre



BECAUSE ANYTHING CAN HAPPEN, ANYONE CAN WIN.

Just ask this star player. Or the magical fairies dancing around his head.



www.OLGC.ca
For more information call 1-800-387-0098 pour renseignements en français.
KNOW YOUR LIMIT, PLAY WITHIN IT!
The Ontario Problem Gambling Helpline 1-888-230-3505.

PRO-LINE

PRO-LINE is governed by the Rules respecting PRO-LINE which are available from the OLGC upon request. These Rules contain limitations of liability. Sport lottery products are not associated with, sponsored by, authorized by, or endorsed by, any sports league, member teams, players, athletes, personalities, or other affiliates in any way. You must be a minimum of 18 years of age to participate. OLGC may, at any time and at its sole discretion, refuse to issue tickets bearing any selection and may limit the aggregate wagering or prize payout.

Coming soon to a campus near you: LOCStober-fest

By: John (Doc) Livingstone

So it's been about a month since clubs day and I'll bet many of you are wondering when you'll finally get to enjoy the excitement and merri-ment of your first LOCS event. If that's the case, do we have the month planned for you. We've jam packed November full of as many different events as we could come up with and taken to calling this cornucopia of good times, "LOCStober-fest."

It all kicks off on the Thursday November the sixth at the Grand. LOCS will be holding a giant party with a tonne of prizes and give-aways for anyone who shows up with their LOCS membership card. It starts at eleven o'clock that night and promises to be one crazy night. Plus we'll be offering a bus from Regent Street Rez if we get enough interest from the area so e-mail soon if you plan on attending and are going to ride the bus. Not having to pay cab fair means more money for fun stuff at the Grand! Wink, Wink.

About thirty six hours later the Annual LOCS Curling Tourney will be in full swing. For all you poli-sci kids out there, just kidding Rand, that's Saturday the 8th of LOCStober. Maybe it's just because it's three in the morning but saying, "LOCStober," instead of, "November," is uber-funny, think about it, funny, eh? Anyway, back to reality. The cost for entry into the tournament will be seven dollars for LOCS members and ten dollars for non-LOCS members. We'll be holding it at the Copper Cliff Curling rink, where participants may enjoy the licensed lounge between, or during, games. If you want to register just a team or individually e-mail LOCS but hurry because spots are filling up fast.

The Friday after, that's the fourteenth, we'll be going to a Wolves game to cheer on, or against as you may choose, our local OHL team. If you haven't been to see a Wolves' game yet this is a great opportunity to see the home town team in action. After the game we'll all be heading over to the Dog House for what I've been assured are the best wings in town. All you have to do to reserve your spot is e-mail LOCS.

On a bit of a more tentative note we're organizing a three on three basket ball tourney which will hopefully go off on Sunday the sixteenth. We're just making the final arrangements for a location right and registration fee. Look for more infor-

mation in the next Lambda or e-mail LOCS directly to receive the latest up dates on the tournament. What we do know is that there will be a cash prize for the winners and if we get enough interest we'll set up a completely female tournament to run concurrently. There will be limited space so you can pre-register your team by e-mailing us.

Then on Friday the twenty first of LOCStober, that just gets funnier and funnier, we'll be having the LOCS Bowling and Billiards Night. We're still in the final planning stages but it will cost about three dollars a game for the bowling and be a whole lot of fun. We'll post more information, like a time and place, in the next Lambda. Oh ya, and if you dress like a pirate you could win a prize. Why pirates? Yar, because the be cool.

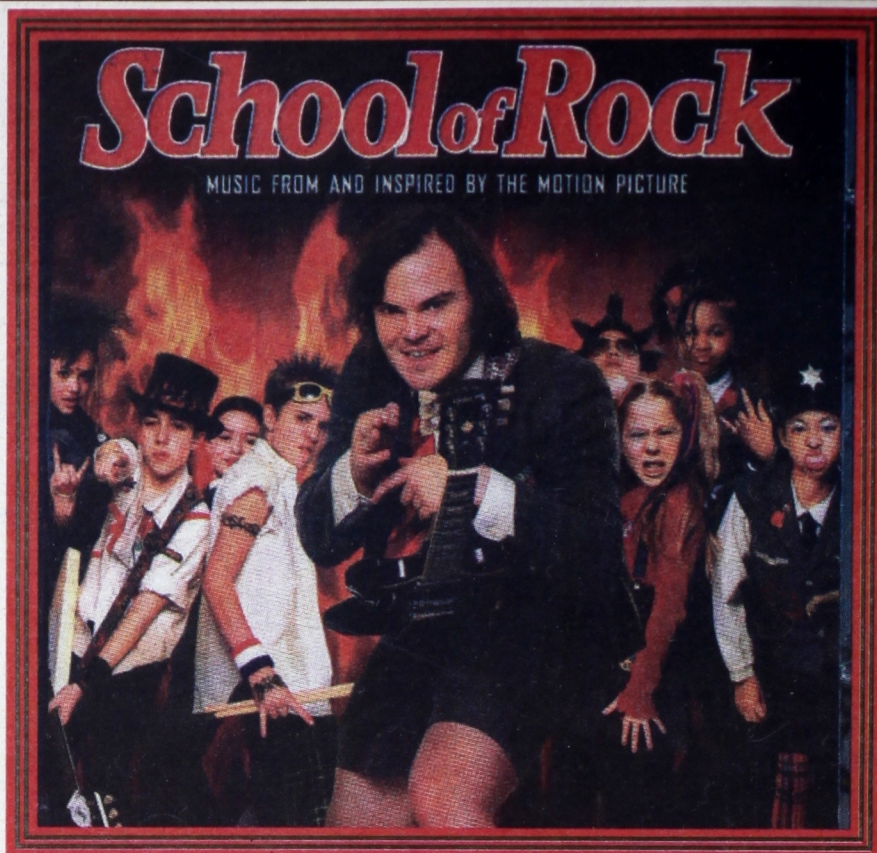
As an extra event we're going to try to run a tour of Northern Breweries. Having been on the tour myself I can honestly say it's ridiculously cool.

The crew at northern actually takes you behind the scenes and shows every process in the creation of beer. It's a lot more complicated and time consuming than you'd think. Plus they let you try some of the ingredients of the beer by themselves. The taste of hops is quite suprising, to say the least. Needless to say this should fill up rather quickly so e-mail us right away to ensure your spot is reserved. If this is as popular as we believe it is going to be we may need to set-up multiple tours so we aren't going to book dates until we know how many people would like to come.

You don't have to be LOCS member to participate in any of our events and Rez kids are welcome to attend as well. Just remember that those events with registration fees will be slightly more costly for non-Locs members. Decided you want to join and receive all the benefits of being a LOCS member? You can bring your ten dollar registration fee to any LOCS event, become a full member and become a member of Laurentian's best student club. Alternatively you can e-mail us if you can't wait for the next event and become the first person on your block to be a full fledged LOCS member.

I kept telling you to e-mail us to reserve your spot for these events or for more information on them but where can reach us? That's easy we're at lu_offcampus@hotmail.com

Have a great LOCStober-fest



By Chas Anselmo
School of Rock Soundtrack
Various Artists

Okay, I know I am taking the easy way out here by reviewing a soundtrack but before you condemn me as a typical critic, let me finish. Yes, this is a soundtrack album and yes, there is very little unreleased material on it but this is more than a soundtrack. It is a major part to a movie that in one viewing, became one of my favourites. The School of Rock Soundtrack is similar to my all time favourite movie, High Fidelity.

To be completely simplistic, the School of Rock Soundtrack ROCKS! There is a great mix of track featuring old school classics and great tracks from up and coming bands. Of course, like most soundtracks, there are the little audio clips from the movie but at least, those on the soundtrack are memorable ones. For those that saw the movie, by simply listening to Stevie Nicks' "Edges of Seventeen" makes you want laugh. Also,

Jack Black is major force on this soundtrack. Throughout the soundtrack, Black appears on the album including the title track, "School of Rock" and "Fight", the opening track to the movie and a classic Black movie moment. However, the best song on this soundtrack comes from the Black Keys with their song, "Set You Free." The band has been compared to the White Stripes because there is only two of them but there is a major difference, the Black Keys have a ragged sound that others only wish they had.

Before you rush out and buy this soundtrack, watching the movie is pivotal. For those who love music-based movies such as High Fidelity (an upcoming Monday Twoonie Movie Night feature) then the School of Rock is a must. Plus, soundtracks are great because they can expose you to other bands that rock. The School of Rock Soundtrack does just that with bands such as the Black Keys and the Darkness and should be on your list of CDs to buy.

LOCS Hockey & Wings Night

Friday November 14th LOCS will be organizing a trip to see the Sudbury Wolves in action!

And after we'll be heading over to the Dog House for cool, refreshing, beverages and the best wings in town!

To sign up for this, or any other LOCStober-fest event e-mail us at lu_offcampus@hotmail.com
Go Wolves Go!

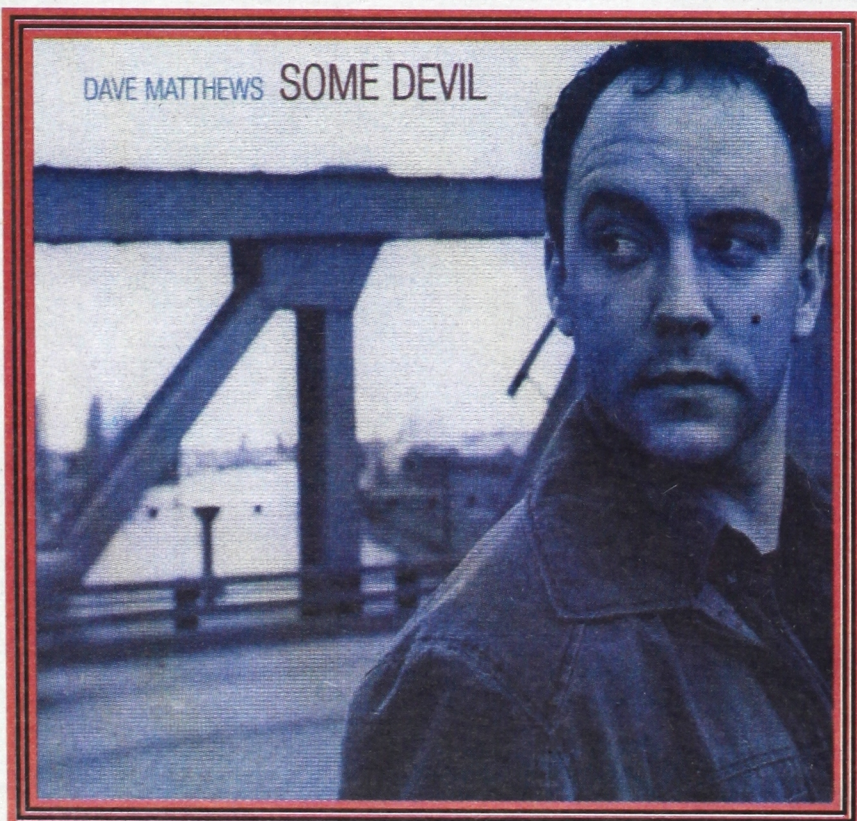
By Chas Anselmo
Some Devil
Dave Matthews

After listening to Dave Matthews' first solo album, Some Devil, one major question remains. What exactly should a Dave Matthews solo album sound like? This is not an easily answered question given the sounds on Some Devil. Now, do not get me wrong especially those who are devoted Dave fans and are currently manufacturing Voodoo dolls in my name to make me pay. Some Devil is a good album but I just cannot consider it a solo project.

One thing about this album is that those who play on it with Mr. Matthews are quite impressive and they do contribute to making it sound slightly different from a Dave Matthews Band album. The standout on this album is Trey Anastasio, the amazing guitar player from Phish. For those who have never heard Phish but listen to DMB, start now and enjoy. This is evident on the first track, "Dodo" where Anastasio's play-

ing is so distinct and the track is phenomenal to begin with. Also, the first single from Some Devil, "Grave Digger" is something to hear. One thing about this track is that it is the darkest thing to ever be laid down by Dave Matthews and contains a variety of obituaries which gives it a somber feel. If you can find a limited edition copy, buy it. Included on it is six-song EP featuring Matthews and Tim Reynolds exactly like the past Matthews-Reynolds release, Live at Luther College.

Okay, I do not think I have still answered my question regarding whether or not this is a solo album but it does not matter. Some Devil is a solid album from one of better songwriters to grace the music scene in recent years. With a supporting cast that may not rival his bandmates in certain aspects, those who play on Some Devil do provide Matthews with a sound that can be better classified his own than that of the DMB. So, I guessed I just answered my question, this is a solo album and a good one on top of that.



Northerners shape Medical School direction

The Northern Ontario Medical School (NOMS) is attracting professionals from communities across the north. "We are truly pan-northern," says Dr. David Boyle, NOMS executive director of project development. "We have people in Marathon, Kirkland Lake and Flesherton connected electronically to our main campuses in Sudbury and Thunder Bay. We are collaborating and working actively as a medical school for the entire north."

Some of the first faculty located out of major centers includes five recently appointed Theme Coordinators. These experts will lead the development of five key areas as part of the NOMS curriculum. These themes will help ensure NOMS' curriculum reflects a uniquely northern reality.

The five themes and their coordinators are:

- Northern and Rural Health - Dr. Richard Denton, Kirkland Lake
- Personal & Professional Aspects of Medical Practice - Dr. Jaro Kotalik, Thunder Bay
- Social and Population Health * Dr. Jim Harrold, Flesherton
- The Foundations of Medicine - Dr. Amadeo Parissenti, Sudbury
- Clinical Skills in healthcare * Dr. Sarah Newbery, Marathon

Dr. Sarah Newbery, Clinical Skills in Healthcare theme coordinator and family physician in Marathon exemplifies this pan-northern model. "I am helping the medical school develop its focus on clinical skills, and I am doing it from the community where I live and work. We use video conferencing and the Internet to work with colleagues all across the north without having to travel to the larger centers."

The NOMS model of medical training has students living, learning and studying right in the smaller communities which they will eventually serve. This dispersed model also applies to staff and faculty of NOMS who will be located all across the north.

A new medical school for the whole of Northern Ontario, the Northern Ontario Medical School is a joint venture of Laurentian and Lakehead Universities. With main campuses in Sudbury and Thunder Bay, NOMS will have multiple teaching and research sites distributed across Northern Ontario, in large and small communities. NOMS contributes to improving the health of people in Northern Ontario.

SGA/AGE UNIVERSITY-WIDE CURLING FUNSPIEL

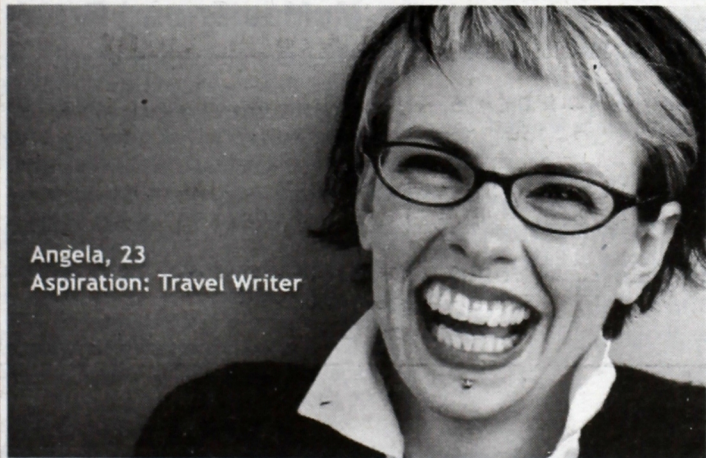
SATURDAY
NOVEMBER 22
2003

SIGN UP AT THE SGA OFFICE (SCE 212)

REGISTRATION DEADLINE: NOV. 17

ENTRY = \$20 PER TEAM

You're going places.
Go Greyhound™



Angela, 23
Aspiration: Travel Writer

STUDENT FRIENDLY FARES

You're going places in life, but right now you're just going home for a break. With thousands of destinations and great everyday low fares, Greyhound gives you the freedom to go more places more often.

FROM SUDBURY* (ONE WAY PLUS GST)

NORTH BAY	\$17 ⁵⁰	SAULT STE MARIE	\$33 ⁵⁰
TORONTO	\$44 ⁵⁰	PETERBOROUGH	\$57 ⁵⁰
OTTAWA	\$58 ⁵⁰	LONDON	\$67 ⁵⁰

*Valid Student ID required. Call us for more details.



For local info contact:
854 Notre Dame Avenue
(705) 524-9900



1-800-661-TRIP (8747) • www.greyhound.ca

SGA/AGE REMINDERS

Charity Ball Planning Meeting on Tuesday, October 28 at 4:30 pm at the SGA office (SCE 212). Anyone interested in helping out with this annual fundraising event is invited to attend.

Looking for a great way to get involved? Join the SGA/AGE Services Team. We are always looking for volunteers to help us run events throughout the school year. Be the first one to know what's happening on campus. Team members will receive a certificate of volunteer hours and a reference letter for their contributions. If interested

in being involved please contact Raye Lemke at vpsservices@sga.laurentian.ca or drop by the SGA office (SCE 212) and pick up a volunteer registration form.

Been using your Spirit Card? Don't forget the little blue card that can help you to win fantastic prizes. Pick up your card at the SGA office. Collect 5 stamps at SGA events and/or Voyageurs home games and enter the year-end draw. This year's prizes include: a mini fridge, colour TV, digital camera, jewellery, travel voucher, pub VIP. All you have to do is show a little SPIRIT.

Notice

The following previously recognized clubs have not submitted a 2003/2004 listing to the SGA/AGE Clubs Committee:

English Arts Club
Karate Club
Law & Justice Club
Looking for Answers
LNDA
Students Against Sweatshops
Young Liberals

If your club is still in existence and you want to maintain your recognized status with the SGA/AGE and be eligible for SGA/AGE fundraising opportunities, please provide the Clubs Committee Chair (VP Services) with an updated list of your Executive and membership.

Thank you

Laurentian University Intramural Super Splash Competition

Interested in a new, fun and exciting Intramural event? Come out and take part in the Intramural Super Splash Competition as a spectator or participant, on Sunday October 26, 2003 at 3 pm-6pm in the Olympic Gold Pool, Ben Avery Building.

Fans are asked to bring one non-perishable food item as the admissions fee. Donations will go to Laurentian's student food bank. There will be prizes and give-aways for everyone!

Celebrity divers consist of representatives from all the residences, varsity teams, and a few surprises. Intramural Super Splash is a cannon ball competition where the competitors will attempt to out-splash each other. The participants are judged on presentation, creativity, costume, and fan approval.

Full and part time students and faculty, as well as full time staff are eligible to participate. Anybody interested in competing in this event can sign up at the Active Living office (B-226) located in the Ben Avery building. Hope to see you out at this year's Intramural Super Splash event and help in creating a wonderful event.

Laurentian University Intramural 3x3 BASKETBALL

It is time to register for the 3 on 3 Basketball tournament put on through Intramurals. The tournament is being held on January 18, 2004 but registration for the tournament is from Monday, November 3rd to Friday, November 14, 2003.

Registration must be done at the Active Living Office in the Ben Avery Building soon as there are only a limited number of spots open. Registrations will be accepted based on the first eight entries for each division. This year, there will be 3 divisions open: Women's, Co-Ed, and Men's.

Each team can have up to 5 players, but no more than that. And this year, the cost is only \$5.00 per player. The tournament will take place in the Ben Avery Building's main gym and there will be LOTS of great prizes donated by local businesses.

If you need any more information, or have any questions, you can contact either Ashley (ad_coats@nickel.laurentian.ca), or Brad

(bx_hollett@nickel.laurentian.ca). We hope to see you out there for a fun time and some great basketball.

Co-Ed Intramural Indoor Soccer

Laurentian University invites all students to participate in Co-Ed Intramural Indoor Soccer running from January 6, 2004 to January 29, 2004. It is a great opportunity to meet new people and have an excellent time, regardless of your soccer ability.

Registration begins Monday, November 3, 2003 to Friday, November 14, 2004. The cost is \$20.00 per team and only the first 24 teams will be accepted (only one varsity soccer athlete is allowed per team).

All Players must wear and provide their own shin pads. There are many prizes to be won so please sign up early to guarantee your place in the league.



Laurentian Lady Vees* Face Off Against Alumni

The Laurentian Lady Vees' faced off against former Lady Vees' in the traditional Alumni Game on Saturday. The Lady Vees proved that they are for real, taking the game by a final score of 95-82.

The Lady Vees' went into the second half leading 49-36 on Lindsey Mallott's (Kingsville, Ont.) 11 first half points. The second half proved to be more of the same as the Lady Vees' applied full-court pressure, which the Alumni had difficulty dealing with.

Leading the way for the Vees' were Tierney Hoo (Huntsville, Ont.) and Cassandra Carpenter (Kanata, Ont.) both with 19 and 18 points respectively. Mallott ended the game with 14 points, while Caitlin Blackadder (Cornwall, Ont.) chipped in with 11. Cara Dodsley (Tillsonburg, Ont.) finished the game with ten points.

Stephanie Harrison and fan

favourite Clare Beatty carried the bulk of the offensive load for the Alumni team scoring 26 points each.

Lady Vees' Head Coach Mike Clarke was satisfied with the game's results. "It was a good learning experience for the girls, and a good test playing against experienced players." Clarke also indicated that two players in particular were tough to play against, Stephanie Harrison and Clare Beatty. "Clare never quits and always plays hard. Now we know what it is like being on the receiving end of what Clare can do" he said with a chuckle.

The Lady Vees' are back in action next weekend when they host their first tournament of the year. They are slated to face the University of Waterloo on Friday October 24th at 8:00 pm in the Ben Avery Gym.

Lady Aqua Vees' Start Season in Record Breaking Style

The Lady Aqua Vees' had an impressive meet on Saturday, defeating Brock by a score of 202-84 and losing to last year's OUA silver medalists, the McMaster Marauders, 178-111.

The Vees' started the competition in record breaking style by destroying the eight year old LU Female 4X50 FR relay record with a time of 1:52:84. The team consisted of Lauren Coughtry (Waverly, NS), Stephanie Kuhn (Timmins, Ont.), and Leila Angrand (Sudbury, Ont.) who are all rookies on this year's squad, and third year captain Elisha James (Blackstock, Ont.) anchored the race.

Another highlight of the race was the 1-2-3 finish of the Lady Vees' in the 100 FL race. Stephanie Kuhn, Leila Angrand, and Courtney Hicks (Burlington, Ont.) finished the race with only seconds between them to beat the swimmers from McMaster and Brock.

Other key swims for the Lady

Vees' included Lauren Coughtry (2nd 100 BK, 1st 50 FR), Stephanie Kuhn (1st 100 FL, 2nd 400 IM), Leila Angrand (2nd 100 FL, 3rd 50 FL), Courtney Hicks (3rd 100 FL, 3rd 200 FL), Elisha James (3rd 50 BK), Erin O'Neill from Sudbury (1st 200 FL), Chantal Quirion from Timmins (2nd 50 BR, 2nd 200 BR, 2nd 100 BR), and Anna Lech from Kanata (3rd 100 FR, 2nd 50 FL). Head Coach Phil Parker stated, "We are quite pleased with their results and along with the relays, this Lady Vees' team showed everyone watching that we are not to be taken lightly any more." Parker added that the girls showed a lot of grit and determination even though they finished second to McMaster.

The Lady Aqua Vees' will be in action Saturday October 25, 2003 where they will host the Waterloo Warriors at the Olympic Gold Pool. Warm-up begins at 2:00 pm and the meet begins at 3:00 pm.

Lady Vees Lose Last Game

The Lady Vees experienced a tough loss for their final game of the season against York University losing 3-2, at the Laurentian soccer field on Sunday October 19, 2003.

It was a tough battle for possession in the first half of the game, with both teams having few chances to score. Both goalies managed to keep the ball out of the net and keep the game scoreless.

Both teams came out firing in the second half with Sabrina Vizza from York who started off the scoring in the 50th minute of the game.

The Lady Vees had a quick answer to that goal with Marissa Izma (Stratford, ON) scoring a great goal into the bottom corner of the net in the 53rd minute of the game. Shortly after, Kristy Mackenzie (Val Caron, ON) notched the go-ahead goal in the 58th minute by a great flick pass from her teammate, Marissa Izma. Pamela Seddon (Ottawa, ON) from York University, scored the equalizer and the game winning goal for her team in the 70th and 80th minute of the game.

In the dying seconds of the second half, Laurentian had one final chance to even the score at three a piece with a free kick, but the ball hit the cross bar and York cleared the ball for the win.

The Laurentian Voyageurs played a great last game of the season. Head Coach Rob Gallo stated "We had to go for it and we did, we tried our best." Laurentian also had great performances from Julie Skeoch (Alliston, ON) and Jen Carbone (Skead, ON).

Aqua Vees' Split against McMaster and Brock

The Laurentian Voyageurs' swim team split their meets on Saturday defeating the Brock Badgers 150-62 and losing to last year's OUA Champions, the McMaster Marauders, by a score of 179-90.

The key performance for the Voyageurs' was Marshall Bonner's (Lotus, Ont.) CIS Championship qualifying swim in the 50 BK. Bonner finished first in the race stopping the clock at 27.44 seconds, just 44/100ths of a second off the current Voyageurs' record held by Dave Clarke at 27.00 seconds.

The Voyageurs' also kept up their dominance in the distance butterfly events by finishing 1-2-3 against the squads from Brock and McMaster. Willie Paul (Sudbury, Ont.), Ryan Smith (Almic Harbour, Ont.) and rookie Michael Commito (Sudbury, Ont.) trounced the field in the 200 FL.

Other key races for the Voyageurs were Matt Puttkemery from Stayner, Ont. (3rd 100 BK, 3rd 200 BK), Alex Lozier from Timmins (3rd 100 BR, 2nd 200 BR), Ryan Smith (2nd 100 FL, 2nd 200 FL), Emmanuel Angrand from Sudbury (3rd 50 FR), Marshall Bonner (1st 50 BK **CIS swim**, 1st 50 BR, 2nd 50 FL), Colin Jenkins (1st 100 BK, 1st 400 IM, 2nd 200 FR **exhibition**), and Scott McNichol from Clinton, Ont. (3rd 200 BR).

Voyageurs' Coach Phil Parker stated after the race, "We were still able to capture some key victories over McMaster - although losing the final score. The men executed most of their races well and each of them finished their races hard. This is what we are looking for at this point in the year. Racing teams double the size is never easy, but we always manage to be a force. This is what we pride ourselves on."

The Voyageurs' will compete at the Olympic Gold Pool Saturday October 25 against the Waterloo Warriors. Warm-ups begin at 2:00 pm and the meet starts at 3:00 pm.

LAST CALL FOR FROSH & RETURNING KITS

PICK UP
YOUR KITS
ANYTIME FROM
9 AM - 4:30 PM

YOU'LL FIND US
IN ROOM
SCE-212



Don't Forget

THE AMIABLE LIBRARIAN

This column is based upon remarks on the Compliments / Questions / Suggestions sheets near the exit of the J.N. Desmarais Library as well as on input from library staff as they react to student concerns.

If you would like to get in touch with the Amiable Librarian, email lambda@laurentian.ca

Question: Sunday is study night. I think the library should stay open till at least 8:00 p.m.

Giancarlo Maione

Answer: You may be right. Just now, Laurentian's opening hours on the week-end are the shortest in the province. On both Saturday and Sunday we close at 5:00 p.m. In contrast, Brock University's library is opened until 9:00 p.m. both Saturday and Sunday. At Trent, the library is open until 8:00 p.m. on Saturday and 11:00 p.m. on Sunday; at Windsor, until 10 p.m. both nights (and get this, until 2:00 a.m. Monday to Thursday); at Lakehead, until 7 p.m. on Saturday and 9:00 p.m. on Sunday. Even Nipissing stays open an hour longer than we do, closing at 6:00 p.m. both nights.

You would think from this that we would need to open longer to stay competitive. Before we extend our hours however, we will need to analyze attendance patterns on both days to assess whether the change would be beneficial. Often in the later hours students come to the library to study, and it is possible that at Laurentian they are not doing that as much as at other universities because there are plenty of other attractive study locations available elsewhere on campus, open 24/7. Expect a decision on this matter before the end of this term.

Question: I have to borrow through interlibrary loan for Dr. Ambrose's third year history class-but I can't figure out who has the book.

Airy Persiflage

Answer: Airy, to use the interlibrary loan service you don't need to figure out which library has the item you want. That is the library's job. All you have to do is supply the correct bibliographic information on the electronic form available under the Services button on our home page (www.laurentian.ca/library)

Question: As a graduate student a 50 cents per day late fee for a book is too much!! When I am able to have a book for four months, a few days extra will not make much of a difference. Graduate students already pay enough and don't get paid much from the school. Most of us are on OSAP and having these high late fees adds to our financial burden. When public libraries have late fees around 10 cents a day, the University should be more accommodating to its students. This would create a more pleasant environment for both staff and students.

I am suggesting that the late fee be changed to a lower value, no greater than 20 cents a day. Please make an effort to help students with their educational costs. Thank you.

Jeff Middaugh

Answer: Jeff, the library does not want any student to owe it money and it uses a couple of strategies to ensure that students will never incur any costs. First, it sets a generous loan period. In Ontario, the norm for students is two weeks; at Laurentian it is three, and for graduate students four months (subject of course to recall). Second, it has made it very easy for students to renew their books from anywhere. Anyone who logs into iLink (which can be accessed from the Catalogue) using their library bar code as their User ID plus the last four digits of their bar code as their PIN number can renew their books.

The library bar code consists of the numbers underneath your name on your student card. Jeff, if you need a book longer than four months, instead of incurring fines, just renew it for another four. There are however limits to the library's goodwill, and for those who miss return deadlines, the result is a charge. You are suggesting that it be a

low charge, but the Amiable is not comfortable with that view even though it is acknowledged that the impact on your finances may be serious. If a charge is too low, then it ceases to provide much of an incentive to get books back; if it is high, as you seem to suggest it is, then those with overdue have the incentive to return books on time.

But all that said, the library still does not want to make money from students. That is why it sets a ceiling on the amount owed in fines to a maximum of \$15.00 per title; further, it uses a computer named Bigmouth to call you the first day your book is overdue; the call is repeated on the 5th day and on the 14th if a book still has not been returned. After 30 days, you will receive a written notice, plus a \$5 service charge.

Question: For students needing to print off .pdf files (such as Nursing Students), a heavy duty stapler would be very handy.

Anon

Answer: The Amiable agrees. A new heavy-duty stapler has been ordered and will be placed in the photocopy area on the second floor. And by the way, here's another product that may be handy-the Computer Services Department has just installed a colour printer on the third floor. At 50 cents a sheet, it is one of the cheaper charges around here.

Question: Hello, I am a graduate, PhD. student at Concordia University in Montreal, but I live in North Bay. I am wondering if I have borrowing privileges at Laurentian, and if so, for how long a period can I borrow books.

Rose Tekel.

Answer: Absolutely. Any student with a valid photo ID card from a Canadian university can borrow books at any other university, and if he or she wants, return them either to that university or to their home university. This policy does not apply at the University of Toronto-but that's it.

October

29 30 31 1

4 5 6 7 8

Save even more with 15% off!

Phase2 now offers a student discount with presentation of your valid Laurentian, Cambrian or Boreal I.D. card

Details in Store.

Shop **PHASE 2**

QUALITY RECYCLED CLOTHING

747 Notre Dame Avenue. Open Late on Weeknights

LAMBDA
ORIENTATION
SESSION
WEDNESDAY,
NOVEMBER 5th,
2003
From 4:00 pm
to 6:00
STUDENTLOUNGE
(3rd floor OF
THE STUDENT
CENTER)
EVERYONE IS
WELCOME!!!

Sean and Steve's bitchin' ass Movie Review

By Sean Monroe and Steven T. Patrick

This is our second movie review column. The premise behind it is sort of like what Siskel and Ebert are like, but with way more swear words. Mostly, we write this in 10 minutes over MSN just so we can see free movies. The free movie we saw recently was Quentin Tarantino's Kill Bill Vol.1, starring Uma Thurman.

Sean- So, this is a movie about this pregnant girl who gets shot in the head on her wedding day then emerges from a coma a few years later and swears revenge. The rest of the movie involves very little talking and a whole lot of violence. What did you think of it, bro?

Steve- I was disappointed to tell you the truth. I kept trying to find reasons for me to like this so I could say "Hey, I like Tarantino's new movie" but I couldn't find any. Vampires might like it.

Sean - Maybe it was just that you're too much of a numbnuts to understand it. I must admit that it wasn't as good as his other movies, like Reservoir Dogs or Pulp Fiction. Where these movies had witty banter about waitresses and European McDonalds; this movie had little to no talking. Conversely, it DID have quite a bit more sword use. On the whole though, I found this movie highly engaging and original, and I will definitely go see the second one.

Steve - Engaging? What the hell does that even mean? That's what people say when they feel like they should like something but they don't have balls enough to admit they don't. I mean, the whole movie was basically as follows. [Lame Joke] [limb cut off] [disturbing sexual scene] [blood] [weird s%*#] [lame joke]

Sean - If that's the case, then have I told you lately what an engaging f#(%ing guy I think you are? I will be honest, this movie could have been shortened to about three and a half minutes if all the fighting was taken out. Maybe what I liked about it was not so much the content so much as Tarantino's ability to maintain a crazy style throughout the whole movie. The whole premise of the movie (girl seeking revenge for some reason) seems, at first glance, highly unrealistic and off-the-wall. But it's like Tarantino has crafted this entire alternate universe where this behavior IS normal. And I can appreciate the work he must have put in to pull that off.

Steve - Alternate universe where this is normal?

Well, I guess the WWF has the same thing? Oh man, I guess the WWF is cool too. I should buy a t-shirt that says "do you smell what the rock is cooking?" That would be engaging. The problem with the movie is that it doesn't teach us anything. I mean, it's mindless. Like you said, you enjoyed Reservoir Dogs and Pulp Fiction cause you learned some things from their witty banter. In this movie, you don't learn anything except that cutting Japanese people's arms off is pretty disgusting. Oh, and that people will like this movie just so they can seem alternative.

Sean - Ok, you're right, I did like this movie because it was alternative. And I don't think there's anything wrong with that. I'm not saying mainstream movies suck or anything. Rather, I think it's nice to see movies once in a while that are completely different. And, if you're in the mood for one of those movies, this is a good one to see. I mean, there were definitely funny parts. For instance, there's this 25 minute long fight scene where Uma Thurman's character kills a whole bunch of people. Then, at the end the camera looks down and there's like a hundred bodies lying around. This sounds bad, but it was pretty funny. I didn't like how she yelled down to them to leave their lost limbs though. Like anyone is going to listen to that. It's not like she had some kind of limb inventory going on. I'd just sneak back in and take my arm or whatever it was I lost. She wouldn't know....

Steve - Okay, here's the 3 major problems with 25 minute fight scene. Problem 1, I had to watch it with you sitting next to me yelling "Get him! Get him!" the whole damn time.

Problem 2 was the incredible amounts of gore in the fight. I mean, it was f#@ing disgusting. It goes to show something about how jaded people are when they'll laugh at a guy who's just lost his hand. Imagine if someone cut off your f#%ing hand and you were watching your arm bleed all over the place! F(*#! Your whole f@(!ng life would be messed up after that. Problem 3 was that the fight scene got old very quick. This wasn't some well choreographed Jackie Chan, Owen Wilson action comedy fight scene. This was Uma Thurman stabbing people for 25 minutes. If Tarantino wanted to be really alternative he should have made a split screen and shown an episode of FRIENDS during this long fight (without commer-

cials) so that you could choose what to watch. I mean, c'mon.

Sean - I don't know if we're allowed to say f\$*# that much.... But the Friends thing? Dude, that would be a totally sweet idea. Actually, while they're at it, they should have just made the whole movie out of several episodes of Friends. That would be an awesome surprise. And now, come to think of it, you're right about the limbs getting cut off. In retrospect, I should have been much more offended by that. How about some predictions for what you think will happen in the sequel?

Steve - Sequel? I think you find out they're in the matrix or something.

Sean - Hmmm... Here are my thoughts. You remember that person that Uma Thurman kills at the start in front of the lady's daughter? I predict that the kid ends up being Uma Thurman's daughter that she supposedly lost earlier. You heard it here first. Also, I predict David Schimmer makes a cameo playing Ross, but not from one of the newer Friends episodes where he's hilarious. Rather, from one of the old Friends episodes where he was in love with Rachel and all he did was whine.

Anyway, his hand will probably get cut off or something. Then, I figure the little girl will take revenge on Uma Thurman, thinking that she killed her mom, when really she just killed some random who kidnapped the girl after putting her real mom in a coma. That's dramatic irony for you. Well, I think it is. To tell you the truth, I have no idea what I'm trying to say. Anyway, then the little girl will probably kill herself out of revenge for killing her own mom. I mean, that's too much for a kid to handle. Then, fade to black. And maybe they could play the Friends theme song over the credits.

Steve - Yeah, but how would the little girl even kill herself? She'd probably cut off all her limbs and then bleed a lot and drown on her blood, but from many different camera angles while lame music plays and pretentious people say "i get it."

Sean - Well I guess we'll go see the new movie to see EXACTLY how the little girl does it. Do you have anything else to add?

Steve - Not really. I just hope this article was engaging enough for everyone.

Sean - I'm sure it was. I think that Friends bit was pretty golden.

Steve - Thanks, guy.

Active Living: The Road to a Healthy Lifestyle

By: Patrick McFarland

Certified Fitness Consultant

The winter months are creeping towards us now. Shorts and T-shirts are being replaced with pants and sweaters. Your running shoes, having been replaced by gigantic winter boots, probably won't see day light till April. This is the time of year that most people begin to mimic the bear and slip into a hibernation that lasts straight through till the end of exams. It is important for the health of the student body to end this trend of inactivity.

Recent studies show that approximately 62% of Canadians aren't active enough to see any health benefits from their physical activity. A sedentary or inactive lifestyle is one of the primary modifiable risk factors for heart disease and is also associated with strokes, colon cancer, breast cancer and type II diabetes. By simply devoting more time to being physically active we can prevent these conditions which, from my point of view, is a worth-

while tradeoff.

How much physical activity do you need? To reap the benefits of physical activity you must ensure that you are getting enough of it. Canada's Physical Activity Guide to Healthy Active Living provides us with some guidelines regarding the amount of physical activity we should perform on a weekly basis. As little as 20-30 minutes of vigorous-intensity exercise (running, swimming, cross-country skiing) or 30-60 minutes of moderate-intensity (jogging, bicycling) exercise, 4-7 days a week can benefit your health. If you're not one for high-intensity physical activity, health benefits are also achieved with low-intensity activities in higher doses.

Health benefits can be derived from low-intensity physical activity (walking) if performed for approximately one hour everyday. It is best to try and incorporate this time into your daily routine by changing habits such as driving or taking the shuttle bus to class. Walking to and from your classes may be enough to provide you with an hour of physical activity a day and it won't take up all

your leisure time. Participating in recreational sports is also a fun and effective way to get exercise with your friends or through intramurals here at Laurentian.

Hopefully all of you can see that incorporating some extra physical activity into your lifestyle doesn't require too much time or too many changes in your current routine. There are many other benefits to being physically active besides the prevention of the conditions I've already mentioned. With an increased level of activity it will be easier to keep those extra pounds off during the holidays and you'll have more energy to carry out your daily tasks. Becoming more active is one of the first steps on the road to adapting a healthier lifestyle; a road even the best of us would benefit from traveling.

For those of you who want to make a change and are interested in an appraisal of your current state of fitness and/or a personalized exercise program contact the Active Living office at 675-1151 ext. 1002 or 1324.

LOCS CURLING TOURNEY

The second LOCStober-fest event begins:

Noon on Saturday November 8th at the fully licensed Copper Cliff curling rink.

Entry fee of \$7 for members \$10 for non-members

Busses will be provided with pickups at 4 Corners, Regent Street Rez, and the University
Many prizes to be won

To register or for other LOCS info drop us a line at lu_offcampus@hotmail.com

Sign up now 'cause spaces are filling up fast!

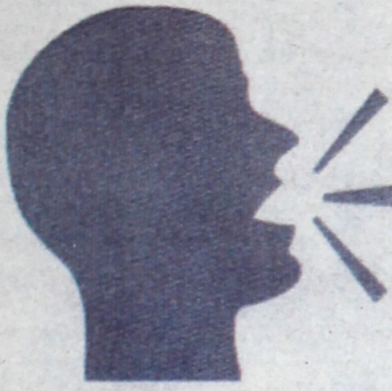
Looking for the Key to a Great November?

Then come on out to the Grand on Thursday November 6th
For the LOCStober-fest kick-off party!

We'll be giving away tonnes of prizes and there'll be an extra surprise for all LOCS members who bring there membership cards.

For all you Regent Street kids we've got a bus leaving rez at 11:00.

For more info drop us a line at lu_offcampus@hotmail.com



"THE POWER OF THE STUDENT VOTE"

What are YOU
going to **vote** for in the next
municipal election?

- ✓ Know where the candidates stand on issues you can relate to.
- ✓ Make an educated choice.
- ✓ Don't be swayed by **cheesy** gimmicks.

Check out candidate platforms at:
elections.city.greatersudbury.on.ca

